

Forest Trails and Nature's Guide Posts

How to find your way
if lost in the Wilderness
Adirondack tracks
and paths.

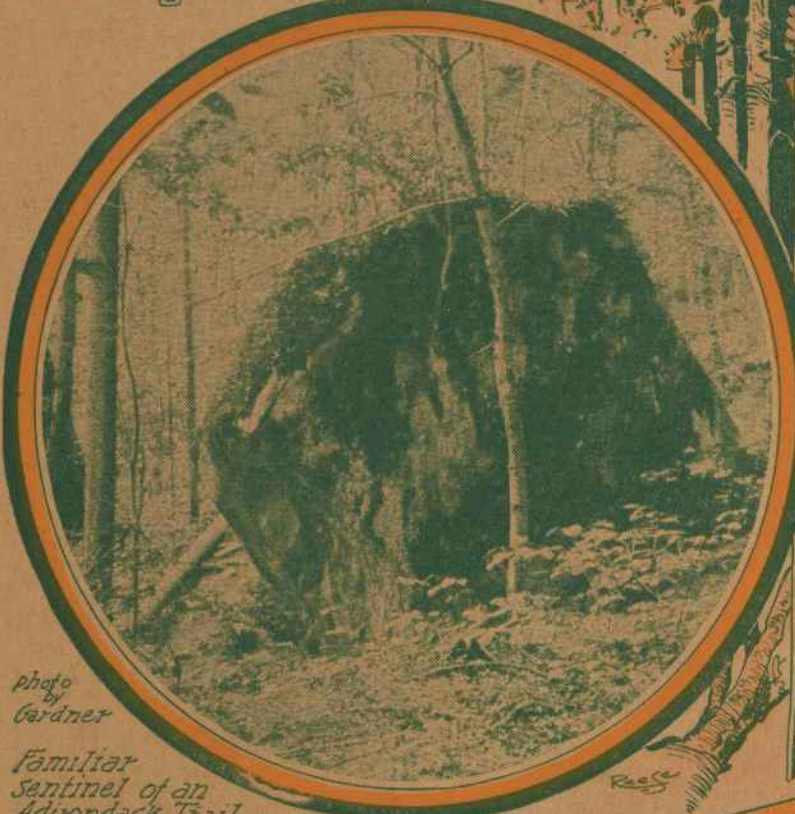
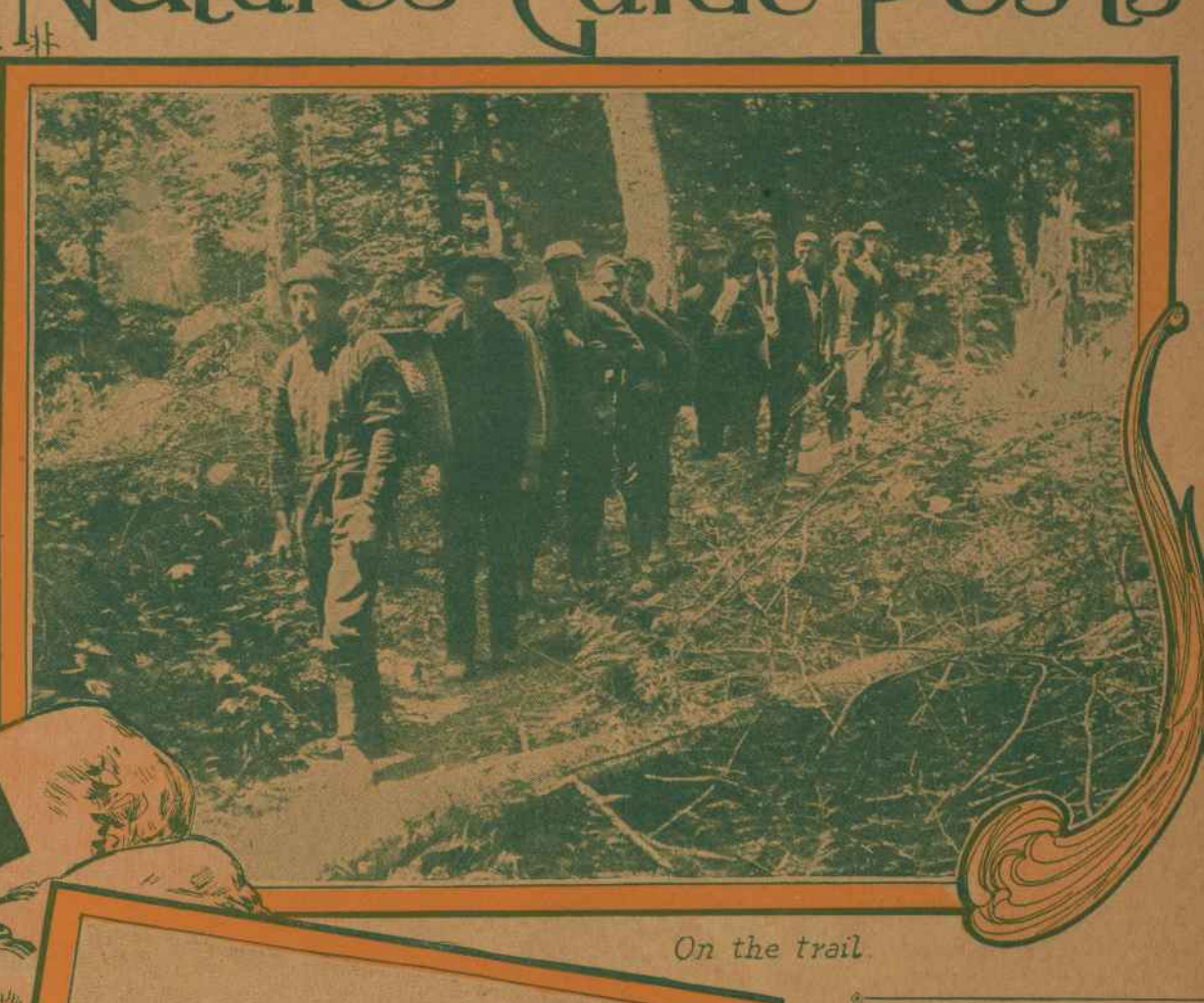


Photo by
Gardner
Familiar
Sentinel of an
Adirondack Trail.



On the trail.



Photo by
Tatham

An admirable forest trail.

By Kenneth Goldthwaite.

EVERY year persons are lost in the great forests of the North and Northwest. Often they are hunters or fishermen seeking or returning from fields and waters where game abounds, but more often they are vacationists, pleasure seekers from the cities, who plunge into the woodland depths where they would enjoy the freshness and vitalizing sweetness of the forest retreats. Then they wander from the beaten path, in quest perhaps of a rare flower which may grow upon the mountain side, or they descend the slopes to the ravines where luxuriant ferns and wonderful moss clusters grow.

Sometimes the trail to a remote lake or pond, the stories of which arouse the explorer, is obliterated by trees broken down in the heavy snows or uprooted in the high winds. There may be strange spurs to the mountain trail which leads to commanding heights and summits, which beckon to the visitor from the city, for the great mountain peaks are proud of the manifold beauties which are revealed to those who ascend the forested ridges to the bald, rocky tops that are hidden half the year in snow or cloud caps, which are much alike in appearance.

Often the still hunter, who has wounded a deer and follows the pink trail on the leaves, with the hope of finding his prey; or the hunter who tracks in the light snow the buck or doe to its covert in a bowl in the mountains, fails to note the guideposts nature has placed along the way. The fisherman in a strange country, who follows the winding stream until late in the day, rests turned around and becomes bewildered in the gathering dusk when he attempts to strike out for camp by the shortest route.

Lost in the Woods.

The hopelessness of the man or woman lost in the woods is utter. If one needs to think it is then, but at that crisis the faculties seem dead, reason has deserted, and even the woodsman lose their minds in the hopelessness of their condition, the inability to tell direction and the want of something to eat. Sometimes the lost ones are found by searching parties in two or three days. Now and then the wanderers traverse many miles of mountainous country and drop exhausted near the home of a woodchopper or the camp of a sportsman. In many instances the bodies have not been found for a year.

The early explorers and pioneers made paths that are now the highways of commerce. In the West the old trails of the plains, deserts and mountains and the routes of the present transcontinental railways are closely associated, as in the greater number of instances the big Western roads followed the course of the wagon tracks of fifty years ago.

In the early days in the Adirondacks when Northern New York was all forest, and when there were clearings only here and there, travel from place to place or from neighbor to neighbor was accomplished by means of paths blazed through the woods. There are remarkable trails to-day in the Adirondacks. It is the same in the Maine forests, and the great Canadian woods are passing through that development noted in the Adirondacks.

In making their trails the Indians bent over saplings parallel to the way, but the white man used his hatchet to clip off a portion of the bark of tree trunks, cutting deep enough to take out a piece of the wood along with the bark. These wounds in the tree trunk, which mark the path through the forest, speeding the

traveller through the deep woods, are records of remarkable permanency. In many instances of disputed lines or boundaries of lands and townships the courts have held the record of blazes as sufficient and reliable, where carefully drawn plans and formally accepted deeds have been set aside as containing possible errors.

Blazing a Record.

The wound of a blazed tree heals over, but never so completely that the scar will not be recognized by the experienced woodsman, and so long as the blazed tree escapes the fire and the axe of the lumberman it is regarded as an ineffaceable record of the line and the trail.

The trails leading to the top of Mount Marcy, in the Adirondacks, the highest peak in the State of New York, are full of interest. "Old Mountain" Phelps, of Keene Valley, a remarkable character, who seems to know the ways of the wilderness by instinct and who is something of a philosopher, says the first trail up Mount Marcy, upon which the guides have devoted so much time and made it possible for women to enjoy, was nothing more than a blazed trail.

Phelps' love of the mountains led him to open a good trail to the top of Mount Marcy in the early '70s, and, as the comfort of the journey increased, they opened the "Round Trip," a fifty mile journey among the roughest mountain scenery, starting at Keene Valley and including the Adirondack Iron Works and John Brown's grave, in North Elba.

The summit of Mount Marcy may now be reached either from Keene Valley or Clear Lake, which was the site of Adirondack Lodge. From Keene Valley the tourist's journey by wagon to the Keene Heights and the Lower Ausable Lake. There is a row of two miles across the latter to its head, whence there is a carry of a mile to the Upper Ausable Lake. On the Upper Ausable Lake the tourist journeys to the creek leading to Panther Gorge, at the foot of Mount Marcy, whose summit is three and one half miles distant.

At the head of Panther Gorge is Junction Camp, where the trails leading from Adirondack Lodge and Keene Valley meet. For those who ascend Mount Marcy from Adirondack Lodge there is a tramp through a country full of romantic interest; through Indian Pass, a narrow defile in the mountains, the walls of which are half a mile high, to the deserted village of Adirondack, to Calamity Pond and over the sharp spurs of the mountains to the outlet of Lake Colden.

Continuing upward from Lake Colden through the main Opalescent Valley and along the side of Felspar Brook, the mountain climber arrives in the course of his journey at Colvin's Tear of the Clouds, a half a mile from the top of Mount Marcy and 4,321 feet above tide. Colvin's Tear of the Clouds is but a few rods from Junction camp. The upper thousand feet of Mount Marcy is bare. At the top grow a few lichens and hardy Alpine grasses in sheltered places, while the west side is in places covered with Alpine grasses.

"Old Mountain" Phelps has ascended Mount Marcy on about one hundred and fifty different occasions—a record that has not been surpassed. He is now nearly ninety years of age, but retains his faculties to a remarkable degree and talks interestingly of the things he has noted along the Marcy trail and from the top of the mountains.

Victor Herbert has left his mark at Lake Placid in the Adirondacks, where he

built Harmony Trail. Three musical friends helped him to blaze a way along the southern slope of Mount Whitney to a beautiful sheet of water shut in by the mountains, more than a mile from Lake Placid and entitled Echo Pond.

Mr. Herbert cleared his trail of all obstructions, cutting down trees or sawing huge logs asunder where they had fallen over the path. In places he fastened down the tops of trees and formed beautiful arches over the trail, while rustic seats along the way invite the weary to rest, for the trail is up and down hill, through woods carpeted with ferns and moss and past great boulders bearing trees upon their moss green shoulders.

At the end of the trail, where the waters of Echo Pond ripple upon the blossoms of the forest, Mr. Herbert has set up a monument to Pan, the woodland deity. A rustic seat is built between two trees, one end of which is fastened firmly in the rusty pan which Mr. Herbert found already to hand on the shore of the pretty lake.

For those who get bewildered in the forest, lose the trail and suffer severe hardships, there are marked signs which, when noted, will direct the stranger to places of safety. There are rules that are fairly reliable in flat, timbered country, northern latitudes, mountainous regions, and other which apply to the treeless plains.

As the north star is a guide at night to the mariner, so it is to those who tramp the forests, and the instances of the sun's position relative to the direction taken by the traveller in the woods is great indeed. When the visitor enters the forest he should note the direction he takes from the sun. If the sky is clouded then the ground should be studied with reference to the direction of courses of the ridges of the mountains, whether to the east or west or north or south of the camp.

Noting Shapes of Trees.

There are often distinguishing clusters of pines of hard woods or bare rocks that occupy certain positions before the doors of the cabin. The way through the forest is marked by nature with trees of individual forms and shapes or distinctive leaning branches. The way of entrance may lead on and on, up and down ridges at right angles to the gorges, or it may follow the side of the mountain at a certain angle to the sun.

There are usually old log roads in profusion, overgrown by mosses and ferns, and in the midst of which there are little trees that have sprung up from beech nuts or the seeds of maples. As the traveller rests for a moment by the side of a fallen tree trunk he forms a map with the mind's eye which shows the course he has been following, and its continuation with the mountain ridges, the gorges, the sun, the little streams, the log roads and the tree trunk where the stop is made marked as important stations along the journey.

To avoid going in a circle keep watch of the large trees or the mountain tops that appear in the distance, and keep in a straight line with trees ahead. There are clusters of hard woods and conifers. The soft woods, with their green foliage, stand out vividly in contrast to the blue, grey pines and spruces which surmount the mountain tops. By observing the blue and green clusters of tree tops and keeping them in a certain relative position one will avoid going in a circle, even if the sky is overcast and a shadow is not distinguishable.

Moss grows best where there is continuous moisture. It is intolerant of sunlight and in this respect it cannot be said that moss is to be found invariably on the north side of a tree, although this rule is fairly reliable in a flat, timbered country in the north. If the sun cannot get between a tree and a ledge of rocks moss will form on the side protected from the sun, regardless of the point of the compass. The bark of a tree is, however, thickest on the north or northeast side of the tree trunk.

Told by the Trees.

By girdling a number of trees growing on flat land, and noting the direction toward which the thickest bark points, one may be reasonably sure that it is northern. There is another point of the compass which may be observed in the tops of the tall pines and spruces. These tree tops, and particularly the pines, taper into a long, slender branch, and through the sores of years that this tree has been growing it has had to contend with a prevailing west wind which has inclined the top of the tree at least to the east.

The heaviest branches of these trees, the lower branches, are on the eastern side of the tree, which may be a provision of nature for catching the first rays of the sun or it may be that this side is protected from the western gales.

In the heavier meadows or treeless plains, when one is travelling without a compass on foggy or cloudy days, he may often

keep his course by noticing which way the grass has been bent by the storms. Where these meadows and plains are to be found the heavy storms usually come up from the same quarter. On the Western plains, for example, the heavy winter winds are northerly, and grass blown down almost invariably points to the south or in a generally southerly direction.

MISCELLANEOUS ADVERTISEMENTS. MISCELLANEOUS ADVERTISEMENTS. MISCELLANEOUS ADVERTISEMENTS.

CATARRH DESTROYS THE KIDNEYS.

Granville M. Hoy, Sheridan, Ind., Past Grand, Independent Order of Odd Fellows, Lodge 691, in a recent letter says:—

"I suffered for years with liver complaint, causing me severe pains and a peculiar weakness across the small of the back, so that it was hard to stoop, and sometimes very painful to walk about. I had used so much medicine without deriving any help that I just let it go, until a neighbor was cured of Bright's disease by Peruna. That led to my using it, and before I had used ten bottles I was cured. I consider it almost miraculous."—Granville M. Hoy.

A Gentleman of Prominence Indorses Per-u-na.

Hon. Louis E. Johnson is the son of the late Reverdy Johnson, who was United States Senator from Maryland, also Attorney General under President Johnson, and U. S. Minister to England, and was regarded as the greatest constitutional lawyer that ever lived. In a recent letter from 1,006 F street, N. W., Washington, D. C., Mr. Johnson says:—

"No one should longer suffer from catarrh when Peruna is accessible. To my knowledge it has caused relief to so many of my friends and acquaintances that it is humanity to commend its use to all persons suffering with this distressing disorder of the human system."—Louis E. Johnson.

Hundreds of Dollars Spent in Vain.

Mr. Cyrus Hershman, Sheridan, Ind., writes:—

"Two years ago I was a sick man. Catarrh had settled in the pelvic organs, making life a burden and giving me little hope of recovery. I spent hundreds of dollars in medicine which did me no good. I was persuaded by a friend to try Peruna. I took it two weeks without much improvement, but I kept on with it, and soon began to get well and strong very fast. Within two months I was cured, and have been well ever since. I am a strong advocate of Peruna."—C. Hershman.

Peruna cures catarrh of the kidneys, liver and other pelvic organs, simply because it cures catarrh wherever located. No other systemic catarrh remedy has as yet been devised. Insist upon having Peruna. There are no medicines that can be substituted.

Mr. Geo. King, Deputy Sheriff of Rensselaer County, N. Y., for years was a well known merchant of Troy. In a letter from No. 45 King st., Troy, N. Y., he writes:—

"Peruna cured me from what the doctors were afraid would turn into Bright's Disease, and after you have gone through the suffering that I have with catarrh of the bladder and kidney trouble and have been cured you are pretty apt to remember the medicine that did the work.

"Peruna is a blessing to a sick man. Eight bottles made me a well man and were worth more than a thousand dollars to me. I cannot speak too highly of it. It is now four years since I was troubled, and I have enjoyed perfect health since. Every spring and fall I take a bottle of it and it keeps me well. I freely recommend Peruna."—George King.

Then, too, the directions may be observed in the bird and animal life of the forest. The nest of the red headed woodpecker is always on the east side of the tree, and that of the flying squirrel is also on the east side, usually well hidden in a dead tree. The eggs of the wild goose and ducks are on the west side of the lakes, in order, it is thought, that the mothers of the young birds may take their little ones out for morning exercise and breakfast where the morning sun reaches them. Frogs and young fish upon which the ducks feed are usually on the west side of the lakes. In warm weather bees are usually on the west, or the shaded and coolest side of the lake.

All watches are compasses. Point the hour hand to the sun and the south is exactly half way between the hour and the figure XII on the watch, counting forward up to noon, but backward after the sun has passed the meridian. For instance, suppose that it is eight o'clock; point the hand indicating eight to the sun, and the figure X on the watch is due south. Suppose it is four o'clock. Point the hand indicating four to the sun, and II on the watch is exactly south.

While in the woods it is important to have in mind the time of day. Note in particular how long it requires to go from one point to another, and thus reckon how long it will take for the return. If you should not reach the starting point at once it might be discovered by travelling diagonally first one way, then another. Often when one gets lost in the woods he may get within a quarter of a mile of the entrance, and, being tired and confused, wander back into the forest.

PE-RU-NA CURES CATARRH OF THE KIDNEYS.

Men of Dignity and Prominence Indorse Pe-ru-na.

Major T. H. Mars, of the First Wisconsin Cavalry Regiment, writes from 1,425 Dunning street, Chicago, Ill., the following letter:—

"For years I suffered with catarrh of the kidneys. I took Peruna for four months, and am now well and strong and feel better than I have done for the past twenty years, thanks to Peruna."—T. H. Mars.



Geo. King



If you do not derive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.